

Youth Fitness

YOUTH



MINI ME FITNESS

This program incorporates cardio-respiratory fitness for children 3-6 years old. We will be encouraging, motivating and engaging in all forms of fitness activities that will keep their feet moving and hearts thumpin' to the beat. Exercise isn't just for parents; it's also for mini me's! We'll emphasize motor learning movements, group activities, obstacle courses and some fun ways to make exercise exciting and a life-long attainment.

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
FCRF001	9/8-9/29	M/W	3pm-3:45pm	3-6yrs	7
FCRF002	10/4-10/27	M/W	3pm-3:45pm	3-6yrs	8
FCRF003	11/1-11/24	M/W	3pm-3:45pm	3-6yrs	8
FCRF004	12/6-12/29	M/W	3pm-3:45pm	3-6yrs	8

Resident: \$50 / CRC Member: FREE

Non Resident: \$60 / CRC Member: FREE



YOUTH FITNESS

This youth fitness class will emphasize exercise, activities, and sports. Basketball, indoor soccer, shuttle run, tag, calisthenics, and other group games will all be incorporated. Classes fill up fast so please register in advance!

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Gymnasium

Activity#	Date	Day	Time	Age	Sessions
FCRF005	9/8-9/29	M/W	4pm-4:45pm	7-10yrs	7
FCRF006	10/4-10/27	M/W	4pm-4:45pm	7-10yrs	8
FCRF007	11/1-11/24	M/W	4pm-4:45pm	7-10yrs	8
FCRF008	12/6-12/29	M/W	4pm-4:45pm	7-10yrs	8

Resident: \$60 / CRC Member: FREE

Non Resident: \$70 / CRC Member: FREE



YOUTH STRIVE

We're excited to offer a new line of equipment designed primarily for youth. Join us for an all inclusive circuit training class to help our youth/teens learn proper resistance training techniques, posture, increase self-confidence, self-esteem, strength-conditioning and foremost establish relationships amongst their peers and our staff. (Prerequisites-Must have completed YST Certifications Level 1-3)

Instructor: Fitness Staff

Location: Centennial Recreation Center, Fitness Center

Activity#	Date	Day	Time	Age	Sessions
FCRF009	9/7-9/28	T	4:15pm-5pm	9yrs+	4
FCRF010	10/5-10/26	T	4:15pm-5pm	9yrs+	4
FCRF011	11/2-11/23	T	4:15pm-5pm	9yrs+	4
FCRF012	12/7-12/28	T	4:15pm-5pm	9yrs+	4

Residents: \$40 / CRC Member: FREE

Non Resident: \$45 / CRC Member: FREE



YOUTH STRENGTH TRAINING

If you are between 9 and 16 years old, these one-on-one training sessions are designed to help you achieve your health and fitness goals. The Youth Strength Training program has four different phases each consisting of 1 hour each. Each phase is designed to cover different topics such as stretching techniques, proper nutrition, introduction to our Fitlinxx system, cardio machines, and our new Strive Strength machines. All youth ages 9-12 years old must go through our YST program before utilizing the Fitness Center and we highly encourage youth 13-16 to get certified as well. At a minimum youth will need to complete phase 1 to utilize the fitness center. Each phase will need to be completed in consecutive order and parent(s)/guardian(s) must be present for the first appointment.

Phase 1: Introduction to cardio equipment

Phase 2: Strive Strength Part 1

Phase 3: Strive Strength Part 2

Phase 4: Cybex Strength Equipment

Instructor: CRC Fitness Staff

Location: Centennial Recreation Center, Fitness Center

CRC Member: FREE

Sessions should be scheduled at the Welcome Center or with a Fitness Staff

